

## CONNECTING PEOPLE...CHANGING LIVES

Case Study



### SINGLE PARENT SUCCESS

**T**ammy M is a single mother and good worker who supports herself and her three-year old. Recently, Tammy had missed a lot of work, explaining that she “just couldn’t get out of bed some days.” When she did report to work, she was often disheveled and distracted. Tammy’s supervisor noted the changes, and asked Tammy to speak with the company’s human resources professional. With a little urging, Tammy agreed.

When she met with human resources, she admitted feeling depressed and overwhelmed. She explained that her child care provider – a close friend who was watching her little girl for a much-discounted price – was moving away at the end of June. Tammy needed child care right away, or she would not be able to come to work at all. She was very worried that even if she found child care, she’d never be able to afford a different caregiver. The pressure was making her panicked and depressed. She needed help.

Luckily, Tammy’s company provides employees with Horizon Health EAP services. Tammy was referred to the EAP and when she called the health advocate, she was reassured that Horizon was there to help her.

- It was clear from her intake interview with Horizon’s health advocate that she was extremely anxious and depressed. She accepted a referral for therapy sessions with a mental health provider who could assist Tammy in finding ways to cope with her stress and reduce her symptoms of depression.
- Tammy was also referred to Horizon’s WorkLife services. She spoke on the phone with a worklife counselor who listened and wrote down all of Tammy’s child care needs—including location needed, price limitations, hours required, and availability starting in July. The counselor would identify prospective providers, contact each one to confirm information and availability, and call Tammy back with referrals to providers within a few days.
- Finally, Tammy was referred to financial services within Horizon to help her with budgeting so she could work on ways to afford a new caregiver, and still make ends meet.

With new child care options, financial counseling, and one-on-one therapy in place, Tammy’s life is more manageable than it was just months ago. She is, once again, becoming a productive member of her company’s team, and feeling much better overall. Tammy’s behavioral, physical, and social issues were all addressed effectively with the support of Horizon Health’s comprehensive services.

Note: Case studies are composites of real situations. All names and other identifying information are fictional.



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